

SRPMIC Diabetes Program's Fitness Center

2013 CARDIO CLUB

150 miles & 300 miles

10-week program

OPEN TO COMMUNITY MEMBERS/RESIDENTS, TRIBAL EMPLOYEES & ENTERPRISE EMPLOYEES

THIS YEAR IS YOUR YEAR TO CHALLENGE YOURSELF TO GET MOVING!

Why not do it by joining the 2013 Cardio Club.

Choose your distance of 150 miles or 300 miles.

In this program you track your cardio/aerobic activities for 10-weeks.

Do it by yourself, not a team program.

Get your miles by

WALK, JOG, HIKE, ZUMBA, SPIN, SWIM, AEROBICS, BASKETBALL & MORE

Educational Lecture through program to earn miles too.

Register: Monday, February 11 –Friday, February 15.

Sign up at the Salt River Fitness Center!

Fill out registration form & weigh-in. Once that is completed you will be given a tracking sheet with **MILE CONVERSION TABLE**. And you are ready to GO!

START TRACKING SUNDAY, FEBRUARY 17th

Weekly mile report on Monday or Tuesday & Bi-weekly weigh-in Monday or Tuesday

Question please contact the Salt River Fitness Center: 480-362-7320